



	Belt Needed				Used in Patterns				Used in 3 Step		
	Beg	Wh/Ye	Ye	Ye/Gr	4dp	Chon Ji	Dan Gun	Do San	1,2,3	4,5,6	7,8,9
Stances - 6											
Attention	✓	✓	✓	✓							
Parallel	✓	✓	✓	✓	✓	✓	✓	✓			
Sitting	✓	✓	✓	✓				✓	2	4,5,6	
Walking	✓	✓	✓	✓	✓	✓	✓	✓	1,2,3	4,5,6	7,8,9
'L'		✓	✓	✓		✓	✓	✓	2,3	4,5,6	7,8,9
Vertical				✓							9
Blocks - 12											
Low	✓	✓	✓	✓	✓	✓	✓				
Middle - Outward block	✓	✓	✓	✓	✓	✓			12		
Middle - Inward Block									3		
High Outer Forearm			✓	✓				✓			
High Outer Knifehand			✓	✓							7
Rising	✓	✓	✓	✓			✓	✓			
Palm Pushing Block				✓							9
Twin Forearm Block			✓	✓			✓				
Wedging Block			✓	✓				✓			
Guarding Block	✓	✓	✓	✓							
Knifehand Guarding Block	✓	✓	✓	✓			✓	✓			
Strikes -											
Obverse Punch	✓	✓	✓	✓		✓	✓		ALL	ALL	ALL
Reverse Punch	✓	✓	✓	✓				✓	1	6	
Double Punch			✓	✓				✓		4	7
Back Fist Strike – Front			✓	✓					3		
Back Fist Strike – Side			✓	✓				✓			8
Inward Knifehand Strike										6	
Outward Knifehand Strike			✓	✓			✓	✓	2		9
Straight Fingertip Thrust				✓				✓			
Kicks											
Rising Kick (stretch)	✓	✓	✓	✓							
Front Kick	✓	✓	✓	✓				✓			7
Side Kick			✓	✓							8
Turning Kick			✓	✓							9
Crescent Kick			✓	✓							
Axe Kick			✓	✓							
Combinations											
Basic block + reverse punch		✓	✓	✓							
Low Block / Rising Block			✓	✓			✓				
Front Kick, Double Punch			✓	✓				✓			7
Combinations											
Release from a grab								✓			